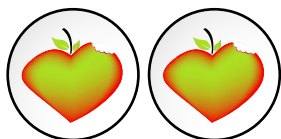


## How are Better Bites & Better Gulps Identified?

Better Bites snacks are marked with this symbol:



Better Bites snacks that are a good source of fiber are marked with two symbols:



Better Gulps beverages are marked with this symbol:



## So Many Delicious Choices...

Energy Bars

Baked Chips

Nuts/Seeds

Whole Grain Crackers

Pretzels



Water

100% Fruit Juice

100% Vegetable Juice

Reduced Calorie Sports Drinks

Diet Soda

Diet Tea



**Improving  
Vending  
Choices  
One Bite  
at a Time!**



Supported by:

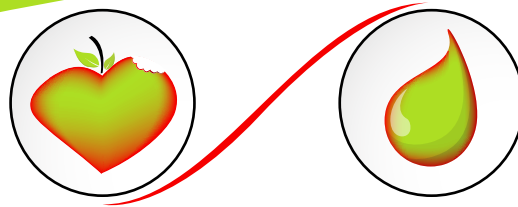


## What is the Better Bites/Better Gulps Vending Program?

The “Better Bites/Better Gulps” vending program provides snack and beverage choices lower in fat, sugar, sodium, and calories than usual vending items. These changes will make it easier to eat healthfully throughout the day.

Half of the choices in the vending machines will meet nutrition guidelines listed in this brochure.

Selecting the items marked as “Better Bites” or “Better Gulps” will help you manage your health and your weight.



## Why make changes in the vending machines?

People generally want to be healthier and are concerned about the choices they make that can improve their health and wellness. Healthier vending options offered at a worksite is an approach many worksites nationwide are implementing to a healthier food environment. In Maricopa county, healthier vending is one initiative the Wellness Works Program is offering to support employees health and wellness.

Choosing healthy foods throughout the day helps manage and prevent conditions such as diabetes, high blood pressure, and heart disease or stroke.

Having access to more nutritious items when you're on the go makes a **healthy choice an easy choice!**



## Nutrition Guidelines\*

### *Snack Items*

- 🍏 35% or less total calories from fat (excluding nuts and seeds)
- 🍏 10% or less total calories from saturated fat
- 🍏 0 added trans fat
- 🍏 35% or less total calories from sugar/ sweeteners (excluding fruits and vegetables without added sweeteners or fat)
- 🍏 480 milligrams or less sodium per serving
- 🍏 At least one item will meet all of the above and provide a good source of fiber (10% or more of daily value)

### *Beverages*

- 🍏 Water
- 🍏 100% fruit or vegetable juice
- 🍏 Non-fat or low-fat milk, including no sugar added flavored milk
- 🍏 Reduced calorie sports drinks
- 🍏 Non-caloric beverages (diet sodas, diet teas)
- 🍏 These beverages will not exceed 250 calories per container

\*based on national and state nutrition guidelines

